



oiselle

# BRAS FOR GIRLS

**THE STRAIGHT SCOOP  
ON HOW TO CHOOSE AND FIT  
YOUR FIRST SPORTS BRA**



OISELLE WAS FOUNDED ON THE LOVE OF SPORTS & RUNNING.  
WE BELIEVE...

GIRLS + SPORTS  
= A BEAUTIFUL  
WORLD

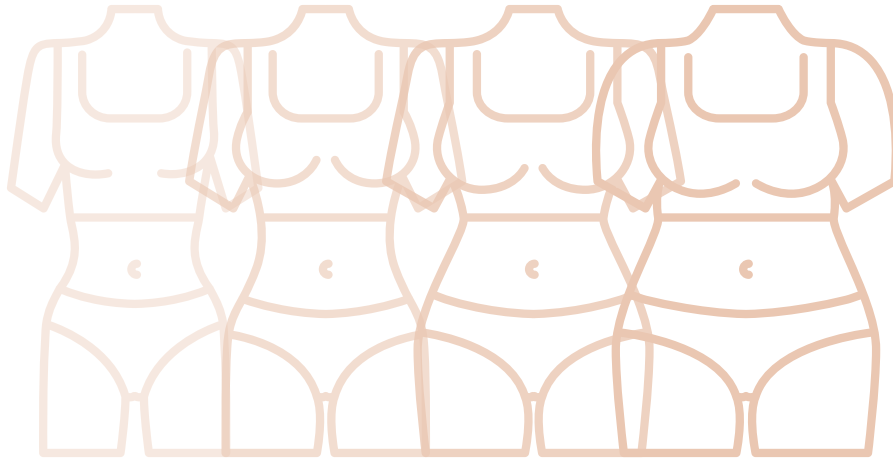
**IT FEELS  
GOOD**  
TO MOVE YOUR BODY!



SPORTS CAN MAKE YOU FEEL  
**POWERFUL, HEALTHY, HAPPY,  
AND CONNECTED.**

AS YOU GROW, MOVING YOUR BODY  
CAN FEEL DIFFERENT.





# GIRLS BODIES CHANGE!

It can take up to 2 years for breasts to develop. Most girls start breast development in elementary school and typically have fully formed breasts before graduating high school. But there are no hard and fast rules!

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**BREASTS  
ARE THE FIRST THINGS  
THAT MAKE YOU  
UNIQUELY a GIRL.**

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**IT'S NORMAL TO FEEL UNSURE, EXCITED,  
AND PROUD ABOUT YOUR BREASTS.**

EVERYONE HAS MOMENTS WHEN YOU MAY BE  
TOTALLY EXCITED ABOUT YOUR BODY, OR THINK...

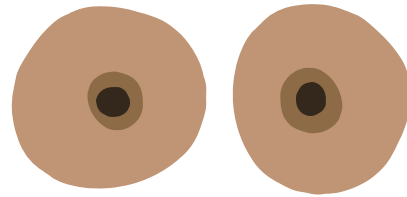


**THAT'S OK!**

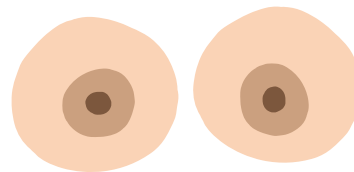
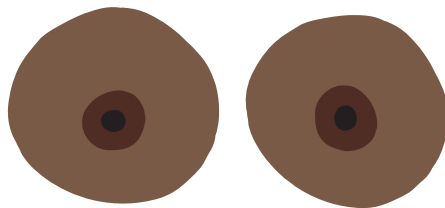
**ALL BODIES ARE HEALTHY AND BEAUTIFUL.**



**BREASTS ARE  
NORMAL!**



**ALL SHAPES AND SIZES  
OF BODIES AND BREASTS ARE PERFECT**



**Nipples can be many colors.  
Breasts grow separately and are not the same size.**

There is no requirement to wear a sports bra. But here are some reasons you might want to:

**SUPPORT & COMFORT.  
TO FEEL FIERCE.  
TO WEAR TEAM GEAR.**

## IF YOU WANT TO WEAR A SPORTS BRA...

HERE ARE A FEW THINGS TO MAKE SURE YOU GET THE RIGHT FIT:



SIZE	2 XS	4 S	6 S-M	8 M-L	10 L	12 XL
<b>BRA SIZE*</b>	<b>28-30</b>	<b>30-32</b>	<b>32-34</b>	<b>34-36</b>	<b>36-38</b>	<b>38-40</b>

*\*BRA SIZE: With a measuring tape, measure your chest circumference immediately under your breasts. This measurement (e.g. 30" or 34") will indicate what size bra to order, per above.*

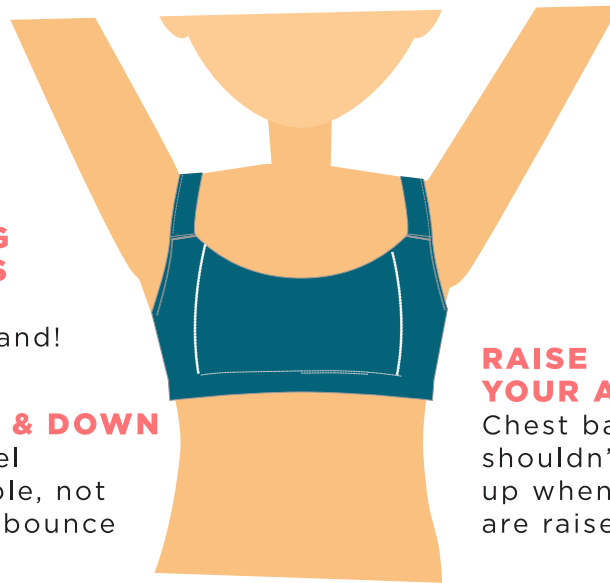
# TEST YOUR BRA!

## TAKE BIG BREATHS

Feel your lungs expand!

## JUMP UP & DOWN

Should feel comfortable, not too much bounce



## RAISE YOUR ARMS

Chest band shouldn't move up when arms are raised

## CHAFING OR RUBBING FROM YOUR BRA? OUCH!

This is most common when the chest band is too big.

JUST REMEMBER...

**YOU ARE  
AN ATHLETE  
IN YOUR  
OWN BODY**



# ABOUT THE **BRAS FOR GIRLS** PROGRAM

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Oiselle's BRAS FOR GIRLS Program provides information and free sports bras to middle school girls in need. As a by women, for women athletic apparel company, and an all-paces, all-ages running team, we believe sports build lifelong confidence in girls and women.

For more information visit  
[www.oiselle.com/blog/introducing-got-bras](http://www.oiselle.com/blog/introducing-got-bras)



**BORN & RACED IN SEATTLE** | OISELLE.COM | @OISELLE



*Bra is not returnable or exchangeable on oiselle.com or at our flagship store.  
If your bra does not fit, please trade with a teammate or spread the love and give to a friend.*